

Life & Career Readiness	Course Code 090104	Target Level: Grades 11-12			
Course Description					
This course is designed to help students learn to manage issues in everyday living, prepare for personal life and career responsibilities and develop employability skills. Participation in this course provides a catalyst to greater self-awareness, enhanced relationships, improved cultural competencies and increased control over choosing direction for one's own life and career.					
Program of Study to which the course applies:					
Human Sciences					
	Course Content	Crosswalk to Common Core Academic Standards	Crosswalk to Nebraska Academic Standards	Crosswalk to Nebraska Career Readiness Standards	Crosswalk Clarification
Standard 1	Students will understand, explore and apply the characteristics of personal development.				
Benchmark 1.1	Complete and process self-assessments.				
Sample Performance Indicator 1.1.1	Complete assessments such as Real Colors/True Colors, Jung Typology Test, Myers-Briggs, & other personality tests.				
Sample Performance Indicator 1.1.2	Explore other self-assessments: motivation, character, risk-taking.				
Sample Performance Indicator 1.1.3	Complete and analyze results of Nebraska Career Connections career assessments.				
Benchmark 1.2	Explore qualities of responsible behavior.				
Sample Performance Indicator 1.2.1	Examine case studies about human behavior.				
Sample Performance Indicator 1.2.2	Define values through the use of values auction and values activities.				
Sample Performance Indicator 1.2.3	Explore goal setting & compiling SMART goals.				
Sample Performance Indicator 1.2.4	Analyze the decision making process.				

	Course Content	Crosswalk to Common Core Academic Standards	Crosswalk to Nebraska Academic Standards	Crosswalk to Nebraska Career Readiness Standards	Crosswalk Clarification
Benchmark 1.3	Evaluate the effects of diverse perspectives, needs, and characteristics of individual and families.		LA.12.3.3.b LA.12.4.1.d SS.12.3.4.a	CR.5.A.1	
Sample Performance Indicator 1.3.1	View multicultural videos and movies.				
Sample Performance Indicator 1.3.2	Complete related activities.				
Sample Performance Indicator 1.3.3	Explore bullying/stereotyping, gender issues lessons/activities.				
Benchmark 1.4	Identify elements of communication styles.	ELA.L.11-12.3	LA.12.3.2.c	N/A	
Sample Performance Indicator 1.4.1	Use Interpersonal Communications materials for FCCLA STAR Events.				
Sample Performance Indicator 1.4.2	Complete activities to teach types of communication such as; verbal, non-verbal, using technology, etc.				
Sample Performance Indicator 1.4.3	Address networking skills.				
Standard 2	Students will understand the importance of relationships.				
Benchmark 2.1	Identify the characteristics that are a part of healthy and unhealthy relationships.				
Sample Performance Indicator 2.1.1	Complete relationship skills lesson such as, Love is Not Abuse, WAIT Training & Curriculum, Dibble Curriculum resources.				
Benchmark 2.2	Examine teamwork in the relationship process.	ELA.SL.11-12.1	LA.12.3.3.b	CR.8.A.1-3	
Sample Performance Indicator 2.2.1	Explore characteristics of effective teamwork.				
Sample Performance Indicator 2.2.2	Complete and reflect upon teamwork/teambuilding activities.				
Benchmark 2.3	Learn proper networking skills in the family and in the workplace.		LA.12.4.1.g	CR.11.A.3	

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Sample Performance Indicator 2.3.1	Learn appropriate communications, for example Twitter v. Facebook, etc.				
Sample Performance Indicator 2.3.2	Use proper Netiquette skills in relationship building.				
Sample Performance Indicator 2.3.3	Identify consequences in negative relationship etiquette.				
Standard 3	Students will determine appropriate self-management strategies.				
Benchmark 3.1	Recognize self-management issues.			CR.4.A.1 CR.4.A.2	
Sample Performance Indicator 3.1.1	Explore concerns related to stress.				
Sample Performance Indicator 3.1.2	Explore concerns related to emotions.				
Sample Performance Indicator 3.1.3	Explore concerns related to conflict.				
Benchmark 3.2	Identify coping/managing strategies.	ELA.RST.11–12.4	LA.12.1.5	CR.4.A.1 CR.4.A.2 CR.7.C.2 CR.7.C.3	
Sample Performance Indicator 3.2.1	Discuss conflict resolution strategies.				
Sample Performance Indicator 3.2.2	Explore various organizational strategies.				
Sample Performance Indicator 3.2.3	Explore time management strategies.				
Benchmark 3.3	Apply strategies to resolve self-management issues.			CR.1.A.4 CR.4.B.1 CR.4.B.3	
Sample Performance Indicator 3.3.1	Use case studies to evaluate strategies.				
Sample Performance Indicator 3.3.2	Assess strategies through role play.				
Sample Performance Indicator 3.3.3	Compose personal journals for reflection.				
Sample Performance Indicator 3.3.4	View & discuss movie/video clips.				
Standard 4	Students will identify and apply employability skills.				

	Course Content	Crosswalk to Common Core Academic Standards	Crosswalk to Nebraska Academic Standards	Crosswalk to Nebraska Career Readiness Standards	Crosswalk Clarification
Benchmark 4.1	Define the steps in the employment process.				
Sample Performance Indicator 4.1.1	Explore personal qualities and qualifications needed for employment.				
Sample Performance Indicator 4.1.2	Identify resources to finding a job.				
Sample Performance Indicator 4.1.3	Complete work related documents such as applications, resumes, cover letters, etc.				
Benchmark 4.2	Define and describe characteristics of valued employees.	ELA.WHST.11–12.2 .b ELA.SL.11–12.4	LA.12 2.1.b LA.12.3.1.a	CR.2.B.1 CR.2.C.1	When students <i>describe</i> information or ideas, they communicate their knowledge through either speaking or writing. To demonstrate full knowledge on the topic, students’ written or oral presentations must include all the main ideas and relevant details on the subject (CC: ELA.WHST.11–12.2.b, ELA.SL.11–12.4; NE: CR.2.B.1, CR.2.C.1, LA.12 2.1.b, LA.12.3.1.a).
Sample Performance Indicator 4.2.1	Understand and apply employability skills.				
Sample Performance Indicator 4.2.2	Describe ways to handle workplace challenges.				
Benchmark 4.3	Develop a personal career plan.		SS.12.2.6.c	CR.10.A.3	
Sample Performance Indicator 4.3.1	Recognize how to advance in the workplace.				
Sample Performance Indicator 4.3.2	Examine how to leave and/or change employment				
Sample Performance Indicator 4.3.3	Research the importance of continuing education and training.				
Sample Performance Indicator 4.3.4	Create a personal career plan.				

Reference Sheet

Key Code Source

AAFCS	American Association of Family and Consumer Sciences
NSCRP	Nebraska Standards for Career Ready Practice

Additional Resources for Educators

Suggestions for innovative teaching and learning strategies	Listed here (not sentences)
Related Assessments	Listed here (not sentences)
Extended Learning Opportunities	Listed here (not sentences)
Professional Development Opportunities	Listed here (not sentences)
Community Links/Resources available	
Nebraska Career Connections	nebraskacareerconnections.org/
FCCLA STAR Events	fcclainc.org and FCCLA Handbook to Ultimate Leadership
Textbook: Becoming Aware	http://www.g-w.com
Reference Book: Teenagers Preparing for the Real World by Chad Foster	http://www.kendallhunt.com
W.A.I.T. Training Curriculum	http://www.myrelationshipcenter.org/
Resources for Teaching Relationship Skills to Teens	http://www.dibbleinstitute.org
Family Economics & Financial Education - Employment 1.0	http://feff.arizona.edu/
Reaching and Teaching Teens to Stop Violence	http://ndvsac.org/resources-2/request-forms/
Breaking the cycle of violence materials	www.loveisnotabuse.com/
FCCLA National Programs STOP The Violence, Career Connection, Families First, Community Service, Financial Fitness, and Power of 1	fcclainc.org and FCCLA Handbook to Ultimate Leadership

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